

**HAMPSHIRE SCHOOL GAMES**

**SECONDARY PERSONAL BEST CHALLENGE**

**‘STANDING LONG JUMP’**





**Name**: **Year Group**:



**School: How far can you jump?**

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| **Activity** | **Description** | **Number of Reps/ length of time** |
| Warm Up/ Pulse Raiser | Get your pulse up to 130 beats per minute by Jogging, Dancing, Skipping, Hopping | 4 – 5 minutes |
| Stretch/Mobilise | Full body stretch- go up on tip toes and reach arms as high as possible. Relax and repeat.  Twist to left and right x 5 each side  Gently swing left leg forwards and backwards x 5.  Gently swing right leg forwards and back x 5.  Circle arms forwards x 5 then backwards x 5 | 2 minutes |
| CARDIO-VASCULAR EXERCISE:  Choose an exercise to get your heart rate up and the blood pumping eg High knees on the spot, skipping |  | 20–30 seconds |
| LEG EXERCISE:  Choose an exercise to work the legs eg. Lunges, squats, step ups |  | 20 repetitions (10 each leg) |
| CORE EXERCISE:  Choose an exercise to work your stomach/core muscles eg Sit Ups, Plank, Russian Twists |  | 20 repetitions |
| CARDIO-VASCULAR EXERCISE:  Choose an exercise to get your heart rate up and the blood pumping eg High knees on the spot, skipping |  | 20-30 seconds |
| ARM EXERCISE:  Choose an exercise to work your arms eg. Press ups | . | 20 repetitions |
| CORE EXERCISE:  Eg V Sit | . | Hold for 20 seconds |
| REPEAT | Repeat the 6 activities above 4 times | 18 - 20 minutes |
| CHALLENGE | **‘STANDING LONG JUMP’: PLACE A PIECE OF STRING, SCHOOL TIE OR OTHER MARKER DOWN ON THE GROUND. STAND WITH BOTH FEET TOGETHER BEHIND THE MARK. JUMP FORWARD AS FAR AS YOU CAN AND MAKE A MARK WHERE YOU LAND. THIS SHOULD BE THE POINT CLOSEST TO YOUR TAKE OFF MARK EG. YOUR BACK HEEL. MEASURE FROM THE START MARKER TO THE JUMPED POINT. HOW FAR DID YOU JUMP IN CMS?** | |

Challenges should be done between 9am and 3pm – send through your results daily to earn a point for your school.

You can take a picture or email the result to jenniferlknight9@gmail.com